



Spring Wellness Coordinator Training Session April 14, 2016 8:30 AM – 12:00 PM

Department of Safety
2nd Floor Conference Room
33 Hazen Dr., Concord, NH 03301
(Directions on page 2)



March Showers Bring April Flowers?



Please R.S.V.P. by April 8th to Mike Loomis at 271-4103 or Michael.loomis@nh.gov

- 8:30am** **Registration, Resource Tables and a Light Healthy Breakfast!**
Compliments of the Department of Health and Human Services, Division of Public Health Services
- 9:00am** **Let's Get Started!**
- Introductions and morning stretch with Lisa Marzoli
- 9:20am** **Welcome to Department of Safety – Wanda Botticello**
- Wanda will tell us about the DOS Wellness Committee, accomplishments and plans for 2016
- 9:45am** **5 Year Wellness and Health Improvement Plan – Michael Loomis, Administrative Services**
- Learn about the State Wellness Committee's objectives to improve health and wellness
- 10:15am** **Break**
- 10:30am** **Introducing the Healthy Workplace Participatory Program: An Online Toolkit for Achieving Total Worker Health – Suzanne Nobrega, Outreach Project Director - Center for the Promotion of Health in the New England Workplace (CPH-NEW)**
- Describe the benefits and rationale for Total Worker Health approaches to safety and health
 - Explain opportunities to increase program impact through engagement of front line employees
 - Demonstrate the IDEAS tool for planning integrated interventions
 - Invite participants to assess their agency's readiness for participatory involvement
- 11:30am** **Vitals Smart Shopper Program – Mary Grannan, Manager of Client and Member Services**
- Vitals will share the newest developments with the program which are designed to make it easier for employees to shop for services!
- 11:55am** **Session Evaluations-** Please complete your evaluation as the session goes along to allow you to provide detailed feedback of each topic presented. The Wellness Workgroup uses the evaluations to develop future training session agendas.

Training Reminders.....

- 🕒 **Remaining Wellness Coordinator Trainings in 2016 – July 28, October 13**
- 📞 **If you would like to host a training session at your agency, please call Mike Loomis at 271-4103**
- 👥 **Feel free to invite your Human Resource or Wellness Coordinator Committee Members to the training sessions**

Department of Safety
James H. Hayes Safety Building
33 Hazen Drive
Concord, NH 03301
1-800-735-2964

Directions

From the North: I-93 South to Exit 14 (Loudon Road) then left at the end of the ramp. Continue ½ mile East on Loudon Road. At the top of the hill, take a left at the light onto Hazen Drive. The James H. Hayes Building is the fourth building on the left.

From the South: I-93 North to Exit 14 (Loudon Road) then right at the end of the ramp. Continue ½ mile East on Loudon Road. At the top of the hill, take a left at the light onto Hazen Drive. The James H. Hayes Building is the fourth building on the left.

From the East: I-393 West to Exit 2 (Eastside Drive) then left at the end of the ramp. Continue to second set of lights, and then turn right onto Hazen Drive. The James H. Hayes Building is 1/3 mile on the right.

From the West: I-89 South to I-93 North to Exit 14 (Loudon Road) then right at the end of the ramp. Continue ½ mile East on Loudon Road. At the top of the hill, take a left at the light onto Hazen Drive. The James H. Hayes Building is the fourth building on the left.